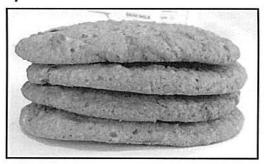
Try our Smart Cookie at home!



Ingredients

- 2 TB flaxseed, ground
- 6 TB water
- 1 cup butter, softened
- 1 cup shortening
- 1-1/2 cups sugar
- 1-1/2 cups packed brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 cups shredded carrots
- 4 cups quick-cooking oats
- 2 2/3 cups whole wheat flour
- 1 1/3 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1 cup miniature semisweet chocolate chips

Directions

Combine 6 TB water with 2 TB flaxseed. Set aside. In a large bowl, cream the butter, shortening and sugars. Beat in eggs, flaxseed mixture and vanilla. Add carrots; mix well.

Combine the oats, flour, baking soda and salt; add to creamed mixture and mix well. Stir in chocolate chips. Cover and refrigerate for at least 4 hours.

Drop by rounded tablespoonfuls 3 inches apart onto baking sheets coated with cooking spray.

Bake at 375° for 10-13 minutes or until lightly browned. Cool for 2 minutes before removing to wire racks.

Yield: 6 dozen

Total Fat: 5 g

Nutritional Information per cookie

Calories: 205 Carbohydrates: 28 g Sodium: 186 mg



